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DOH-CITRUS HOSTS FREE DIABETES CLASSES

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Kick off the new year with fresh, practical ways to manage your diabetes and live a healthier life.

Join the Florida Department of Health in Citrus County (DOH-Citrus) and Elder Options' Diabetes Empowerment Education Program from 10 a.m. to noon, starting on Friday, January 10 at the Citrus County Health Department, 3700 W. Sovereign Path in Lecanto.



The six-week course is open to the public and provided at no cost on these dates:

January 10, January 17, January 24, January 31, February 7, and ends February 14.

Participants will receive tools and information to manage and take control of their health through a series of interactive sessions. The program covers the following topics:

- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works
- Monitoring your body
- Mobilizing family and friends
- Meal planning
- Physical activity

To register, call 352-513-6077 or email Carmen.Hernandez@FLHealth.gov. Seats are limited and registration is required.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nabph.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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